

FEEDING THE FLESH?

10. It's a rough & a rugged road, a hard & a heavy load & the people you meet aren't always kind--on the way up. But they're even worse down in the valley & in the valley they will do everything they can do to discourage you from climbing the mountain. They're aren't many places to live on the mountain--little rugged shelters, lean-tos. Not much to eat, it's cold & windy, but it's a thrill even to die there. It's better to die on the mountain than to live in the valley

(Mountain Men [#0000B])

5. IF YOU DIETITIANS & HEALTH FADISTS WANT TO STUDY, WHY DON'T YOU READ YOUR BIBLES? You'll find some amazing facts in there about food! Begin with the health food list in Leviticus where it tells you the difference between the clean & the unclean meats. Then go on to the pulse of Daniel & his companions, the whole-grain cereals that they were eating instead of all the fancy food that the Babylonians were eating. You can find a whole lot about health food & health in the Bible. Why not try it?--You might like it!

6. (Jesus speaking:) The food for this special day should be simple. The idea is not to see how hungry you can get. That doesn't increase your spiritual receptivity or provide any extra "righteousness." It's not a works trip. The main thing about fasting in this situation is that it reminds you that this is a serious occasion. (Fast Day 2001)

94. (Jesus speaking:) It's a constant battle between light and darkness, between flesh and spirit, between the physical and the spiritual. To do things that are spiritually uplifting, spiritually uniting, spiritually feeding, is a fight in the spirit, for the flesh wars against the spirit. The carnal mind is at enmity against spiritual things

DAN.1:3 And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes;

DAN.1:4 Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans.

DAN.1:5 And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.

DAN.1:6 Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah:

DAN.1:7 Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego.

DAN.1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

DAN.1:9 Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

DAN.1:10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.

DAN.1:11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

DAN.1:12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

DAN.1:13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

DAN.1:14 So he consented to them in this matter, and proved them ten days.

DAN.1:15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

DAN.1:16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

DAN.1:17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

DAN.1:18 Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar.

DAN.1:19 And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.

DAN.1:20 **And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.**

When I joined the Family I was so overjoyed at my salvation and my new wonderful life serving Jesus and winning souls that I didn't care about food anymore. I ate what was set before me gladly, not even paying attention to what I was eating. Food was no longer a preoccupation for me, because the Lord had filled my life and heart and spirit with all the important things. Finally I had found my true security. I felt loved unconditionally as I never had before, and had a true sense of self-worth in being His and following my destiny as His disciple. (Fight for life 4)

112. (Jesus:) That which is born of the flesh is flesh, but that which is born of the spirit is spirit. Your spirit needs and desires the things of My Spirit in order to grow, to be successful, and even to be happy. But as I'm sure you've all discovered time and again, your flesh fights those things of the Spirit and makes it seem so difficult and such a struggle to feed and fill your spiritual needs.

113. As long as you're in this world and subject to your flesh--not just your body, but also your carnality and all the desires and temptations that come along with that--it's going to be a fight to keep yourself spiritually healthy and to live the spiritual lifestyle that you need. Although it is My will to give you tips to make it easier, and even to make the guidelines and goals as easy and attainable as possible, there's nothing that will ever make it easy and effortless, and that will ensure that you'll feel like doing it.

114. It's one of those tests that is part of the Earth experience that helps you to grow--and that is, in fact, a big part of your purpose on Earth. Your spirit is learning to overcome the boundaries of the flesh and the desires and tendencies of the flesh in order to be more like Me and to live in My realm. Time spent with Me, in My presence, is one of the ways you put this into action the most. It might seem physically easier to coast along without spiritual growth or time in the Word, but you will pay for that kind of negligence with leanness to your soul and eventually with spiritual death.

115. Sometimes it feels like death to motivate yourself to take that spiritual feeding you need so desperately. You can think of so many excuses and reasons to postpone it, so many things you should be doing instead, so many reasons why it will be okay "just this once," and on and on it will go. Obviously the Enemy fights your lifeline and connection to Me, and so does your own carnal flesh. But even this works together for good in your life, because it's the daily conquest of the Enemy and the daily rising above your own flesh into the realms of the spirit that helps you to fulfill one of your many purposes on Earth.

116. If there was no battle, there would be no reward, and this battle to enter My realm and feed your spirit is one of the most consistent and ongoing battles there is. No one, no matter how experienced, motivated, or dedicated they are to their time in My presence, is free of the continual fight against the Enemy's devices and the pulls and tugs of their own lethargic flesh. That's what you are up against and have to defeat in order to gain that pearl of spiritual feeding from Me. There's never a time that the Enemy will lay off and not bother you in this way anymore.

117. That's why it's important that you realize that you're always going to be in for a fight to feed your spirit, and then you can prepare for it by determining never to give up. You can also prepare by finding the ways that work best for you and hearing My counsel on how to make it as easy and doable as you can. But even then, the real victory will be in perseverance, and in the determination that, although there are plenty of obstacles on the path, you're not going to let anything come between you and Me and a healthy spiritual life.

105. My purpose in giving you the spiritual weapons and laying down certain spiritual requirements has never been for the purpose of burdening you or saddling you with more to do that makes it hard for you. I know that fulfilling your spiritual requirements takes time, and effort, and it costs your pride, and you often have to consciously choose the spirit over the flesh in order to use the spiritual weapons effectively.

106. But they are also tools. They save time. They bring down spiritual power. They link you to the power of Heaven. I want you to see these spiritual weapons and requirements much more as the precious gifts that they are--that it's a privilege to use them, that it's an honor to have so much knowledge of them, that they're an exceptional benefit that you have access to. I want you to see them in a much more positive light, without the condemnation and negative pressure that the Enemy would love to attach to them.

107. I'm broadening your perspective on their use because I want using them to be something that you do because you want the benefits and you know you need them, not something you do to check it off your list or to feel like you're fulfilling the qualifications for discipleship. They're gifts of My love to you. They help you to touch Me and become one with Me. They impart strength and perspective. They enable you to do the job you do for Me. They're what put the light in your eyes, the smile on your face, the love in your heart, the tenderness in your touch.

108. You have to fight hard for your times with Me, and that's not going to change. But I want you to fight for them not because you're afraid of falling short of the requirements, but because you know you **need** those times with Me. That makes all the difference in your outlook, and it also makes a difference in how much you gain from your times with Me. If you're doing them because you feel you have to, because they're required of you, then you can feel condemned when you fall short. But if you're doing them because you know you need them, then just like times when you miss a meal, you're all the more eager to eat when you do have the chance.

109. That's the attitude I want you to have about your spiritual requirements. I'm not judging you for the times you miss a meal. I'm not hanging a chart on the wall and marking up your failures. But if you keep missing meals and you don't stop and eat, you're not going to have the strength you need to keep going. That should motivate you.

110. That's also a good way to tell whether your spiritual "meals" are meeting your body's needs. Are you spiritually healthy? Are you growing and progressing? Do your actions reflect Me? Are you seeking not perfection, but love? If you don't carry My Spirit, then reevaluate your times with Me, find out what you need, and start getting it! It's your responsibility. (Beyond Duty 2)

Our desire is toward Him, not ourselves. This is the joy of giving; this is the secret to our transparency and effervescence. It is not necessary to seek fulfillment in other forms, because it is found in Him. He is the creator of all things. He is the source of the River of Life, and that is where we are found, and that is where you must find your place.

Bride: Oh special One, I'll reach out and find You in the world that I don't usually see. It's only when I release the desires of the flesh that I can really touch You as You desire to be touched.

108. So take heed that you're not one of those who love Me in word only and who serve Me in name only. I seek those who are willing to give their all to Me--their strength, their time, their everything. For unless you fall before Me as weak and humble servants, My blessings will not fall on you as I desire them to.

109. Be not as the foolish virgins who didn't stock up on the oil of the Spirit, but who were found wanting and ended up on the outside when the time came. Woe unto you who don't take the time to minister to your spiritual needs. For whether you think you must tend to them or not, and whether you think you have them or not, the needs are there.

110. I've placed in each and every one of My children the innate desire to love Me and come closer to Me. But it's through the lies of the Enemy and different outside influences that this desire is squelched. Don't let the Enemy, the hinderer of your soul, sway your thoughts, inclinations, and ways of thinking. Throw all these other things aside and love Me without fear of the opinions of others. *(End of message from Jesus.)*

132. You have to build your house from the inside out! If the spiritual is right, then the physical will sort itself out; it will fall in place too. They both affect each other. If your primary emphasis is on the physical, then you're going to be building on the wrong foundation.

To have joy in the struggle, grace for the dying, beauty for ashes, you must first be willing to accept what I have asked of you. And you have been, slowly but surely, and are now feeling the peaceable fruits of contentment. You are getting there, My Love! Nothing is in vain; all your choices do matter and do propel you in one way or the other. Now you must be diligent to soak in My Word, for without the Word there is no strength, no power, no force driving you onward. You can't do it in your flesh--as you have seen. For at times you have fallen back and at times you have doubted and murmured in your heart. The flesh is weak and corrupt--it will never submit willingly. It will always be a choice whether to give the flesh or the Spirit the controls of your life. This is what you are learning. Not a self-denial trip, but a school of learning how to put the flesh in subjection to the Spirit, so that you are not carried away by every wind of carnality that passes through, and so that Jesus has control of your every move, every desire, every action, and to teach you about the "Order of Things". He created the order, not you. Not your will but His be done. He knows what's best, not you. Yield and obey, trust and obey. Submit yourself under the mighty hand of God and in time He will exalt you. Not like Satan, who sought to exalt himself, by himself; but you, do it through Jesus, and not your own will and pride. Humility is the Great Key to all else" *...(submitted)*

15. The Scripture that came to me was "this kind goeth not out save by fasting & prayer" (Mat.17:21), like she needs to fast, too, mostly. She's very carnal, she's used to feeding the flesh. She needs to be put on nothing but soup & juices for at least three days. (Keda's problem)

A sad testimony... Daniel, on the first leg of his flight to the US and his new life, went to a restaurant in the airport and ordered a big hamburger. ... obviously happy to finally be free to enjoy... Upon sitting down to eat it, he immediately passed out. Oops. (a coincidence or the hand of God?)

We are the keys that will carry you to the throne of God, to the source, where revitalization is found, the source of all things created. Why run around on the earth plane looking for happiness and fulfillment even within the creation of God, let alone the contraptions of man? The flesh is so easily distracted; the mind is wondrously made. The mind of the unborn and often the newly born is so easily muddled by the author of confusion and distraction. A little flash of color here, a new invention there, he is continually at work distracting the mind of fleshly man. You must yearn, and with great desire struggle for evaporation, to be vaporized in order that you once again espouse the River of Life and once again be poured forth and replenish those you were sent to help. It is not you looking for something from them, but you giving of the River of Life to them, a conduit, a channel, a moisture-giving cloud.

Jesus: And darling. you won't have to seek satisfaction in any other place, for as you give your life to Me all over again, I will feed you and you shall be Mine. Mine to love, Mine to use and darling, by My hand shall you be fed.

Sweetie, look up into My eyes, it's the truth, I'm not just giving you these words to make you feel better, I actually love you that greatly, and I want to show you, if only you would let Me. I would give you the love you so desire! Remember darling, it's the spirit, only the spirit is the true reality, only the spirit really matters, all else can fall away, as long as we have the spirit, all of earth and even heaven can pass, but we'll keep holding onto the spirit. The things you see around you are fake, the lusts you have within you are only for a time, they don't last, and they don't get satisfied either.

Will you say, with so much of humanity, "Oh, I knew what was really important but the desire for those things was too great, I couldn't resist, and you seemed so far away to begin with anyway.", or will you stand with My faithful few, My called out of the system revolutionaries who knew the truth when they saw it, and were willing to give their all to it? (Personal prophecy from Josh)

Dream of us and we will be that much more real to you. You have to stop thinking about yourself and start thinking about the keys. Let their beauty fill your eyes. We are past the point of trying to convince you that the things of the flesh don't satisfy. Yes, you will crave and hunger for them, but the whole goal is to get you chasing us instead. Not really so you can be satisfied, although you will be, but more to satisfy the Lord. He needs a vessel so He can pour His abundant love out. There's so much He wants to give to you, but if you want to keep looking at the mud and sticks, you will miss a whole lot of our beauty. This beauty is yours to experience. What do you want to live in the carnal world for?

Experience us...seek us ... focus on us... dream about us and we will be the air in your lungs, the sparkle in your eyes, and the color in your smile. You need to get excited about our world and let it pull you out and away from the depressing needs of the flesh. This world is boring and depressing. So quit living in it so much! Why not try to live in and experience our world, since that is your real Home, and where your spirit truly desires to dwell. Don't neglect the wonders that are at your fingertips. Call on the Key of Blue and Gold which changes your carnal desires and causes the hunger and wonderment for our world to grow in your heart. This key was created by our love and craving to become one with the King... It's the key to all dimensions, and if you have this key, you can access any dimension. But it only yields its power to the most empty and yielded heart. It is only activated by desperate hunger for the Lord and His secrets. So make room for me to press this key close to your heart. Let its light shine on you and brighten all the dark parts of your little world. It's time to leave the little world you've known for so long. Break out and face reality! Let us rewrite you with the keys! Let us open the door to the world to which your soul belongs. It's only seems like there is so much standing in your way because you are standing on the ground. Rise up on the wings of praise and stop believing that it doesn't work as well as we say it does. Put your whole heart behind your pursuit of our world... your world, your Home. Call me to come and come and I will to pick you up out of that despair-filled realm. It's a testing ground; that's why the despair is so heavy there. The Lord allows the spirit to be too heavy for you, so you have to rise above using His power of the keys and praise. (Blue and Gold)

120. The more you choose to satisfy your spirit, the more satisfaction of spirit you receive from Me. It's a habit you form. If you feed the flesh, then you will crave more flesh; but if you major on feeding your spirit, then it's the spirit that you will desire. Ultimately, satisfaction of spirit is the only thing that will really fulfill and satisfy you. But satisfying the flesh can become addicting, and definitely get in the way of spiritual feeding and satisfaction.

True Reality

1. "It's when you are focused on what your flesh desperately wants that you miss out on what I want to give you in the spirit. Let your flesh fade in importance and realize that what it is looking for is actually something that you have to fight. It can be a fight to battle off your own feelings and desires, especially if at the very same moment, those feelings are intense. Jesus knows this, and that is why He gave you the keys to shut those doors that let all these floods in. It's hard to know what to do when the water starts rising past your ankles and then your torso; you have got to be fast and not just accept them. Get that door closed, even if you are falling over from the current at your feet. Your life can either be overflowing with the spirit and fruits of the Spirit or it can be overcome with your personal dreams and desires; what will it be? There is a whole spirit world out here, the real world...don't be so focused on your little world and little desires, that you miss out on what we are trying to give you. It always comes down to the question: do you want flesh or spirit? Do you want our world or your messed up little world? Do you want your desires or His beautiful desires? Do you want life in the spirit?"
I sometimes don't understand what Your plan is, but I know it is good, Jesus. Prophecy Bites May 29, 2021

Prophecy: The tests and temptations are part of the climb. I am teaching your spirits to be in command. If your flesh were to have its way you would be in the world following the ways of the world, just like the billions of others who have allowed the lusts of the flesh and the pride of life to dictate their lives. If I were to place this great power into the hands of material man, can you imagine what he would do with it? No, My brides it cannot be that way, it has to be done My way and in My time. If you reach the level of greater miracles it will be because you have followed My way and not the way of the flesh and selfishness. If you succumb then the flesh has won and I will not be able to use you as much as I promised I would. Will you see attainment in this life? It depends on you. You say you have given all, but the tests continue to come and the battles and trials seem to be getting stronger. If you feel this, if you feel overwhelmed, then come deeper into My spirit. Heaven is waiting for you to push the door open and come in. Use the Keys more; that is what they are for, to make a way of escape that you may be able to bear it. (Gift of Heavenly thought power updated)

You know that everything of this world will leave you empty, chasing your own dreams will lead you in circles, trying to find happiness by running off into the system will seriously disappoint you, and basically everything that is not of Me will leave you hungry in some way. Yes, I know that when you go thru these heart wrenching battles it's easy to look over at what you want and become convinced that if you could just *have* it, everything would be alright. But I'm asking you to look at what My word says and trust it without a doubt. And it says, "it is the spirit that quickeneth, the flesh profiteth nothing, the words that I speak unto you, they are spirit and they are life.". So next time you're going thru it, and the pain is beating down the walls of your mind, and the devil is screaming his lies at you, and everything looks dark and depressing, I want you to remember this, My words are the life and love you seek, they are what will carry you thru. They will bring light, semblance, and clarity to your messed up, darkened and confused world. **You just have to depend on them, you just have to read them and really believe everything they say. If they say praise and loving Me is what will help you, then that is exactly what you need to do, if they say to stop focusing on the devil's doubts and lies then rebuke them with the firey power of the Keys, if they say that everything will work out in the end, that you just need to trust Me, then believe them and live it!**

Personal prophecy from Josh

110. It's often hard to really believe that happiness dwells in the spiritual places. It's easier to believe that you can get it through carnal means, such as taking that piece of pie, or by any number of natural, physical things that you have an inborn human desire for.--Maybe by working for money so you can get any physical things you want, like a car, a house, a good-looking husband or wife, etc. However, you would find in the end that these things did not satisfy you. Why? Because satisfying your flesh or your carnal nature is not the way to satisfy your starving spirit

MAT.6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

MAT.6:31 Therefore take no thought, saying, What shall we eat?... (For after all these things do the Gentiles seek:)

MAT.6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Look at them. They even all wear his uniform. They all have to show what side they are on. They show the world that they work for the Revenue Authority. It's on all of their shirts. They even push the cashless money on their clothes! So you, My sweet brides, do also. It's in the way you live. You aren't pushing for gain. You aren't trying to get things for yourselves. You sit here on your farm and do your lowly jobs and eat your simple food. Some of you might feel like life is passing you by. But you are bearing My mark; you are wearing "my clothes". When you put on your dirty work clothes, you show Me that you are on My side. You are also declaring to the spirit world that you want no part in the fake world. Even though the steak might taste good to that guy in the Matrix, it's fake and counts for nothing. You see this and not only do you see it, but you live it. So My sweet, precious brides, keep fighting. I see each day and I see each time that you use the weapons. I see each time that you praise when you would rather sit for a bit in the pool of self pity. I see when you pray for My return. I see when you lift each other up. So adorn yourselves each day in My uniform, most importantly the spiritual clothes you put on, praise, love for Me and yieldedness to Me. Do you see now? Don't you see that the stakes are being raised? It's like a poker game. If you want to stay in the game, you have to put in more money. It's like that for both sides now. If you want to play on My side, you have to be more dropped out and more dedicated. You can't afford any little unyieldedness or even the daydreams that waste your time. You need to be all out for Me. So it is for the world. If they are not on my side, then they have to show it. They have to get the national ID, they have to register their phone number and the requirements will go on and on.



Also remember that those who refused to be a part of the Matrix only ate a simple nutritious porridge-like soup. So it is for My Elite of this age. Your fare will be simple because you refuse to be a part of that fake world and the "lusts of the flesh"

In distractions or temptations, instead of combating them directly, which would only serve to augment them, and to wean us from God, with whom alone we ought to be occupied, we should simply turn away from them, and draw nearer to God; as a little child, seeing a fierce animal approaching it, would not stay to fight it, nor even to look at it, but would run for shelter to its mother's arms, where it would be safe. "God is in the midst of her, she shall not be moved: God shall help her, and that right early" (Ps. xlii. 5). M Guyon

If the things of the world "did it" for you, if all the materialism and the lovers that this world uses to try

to reach some sort of climax were sufficient for all, then why would I need to come and invite you to the greatest Marriage Feast of all? I wait to hear the voices of My lovers calling me. Those who forsake the world are as if they are calling me. Those who cling to the so-called satisfactions that this world tries to replicate don't urge on My coming. (Our call of love brings on the rapture)

To Be Carnally Minded Is Death

"Yes, the flesh is set to self-destruct. Just look at man...for all the supposed progress and new technology, man is on a path of self-destruction. Didn't I say through Paul that to be carnally minded is death? (Rom. 8:6) That is no joke, and it is not some symbolic parable. The desires of the flesh, if yielded to, can destroy a person. Some have the desire to drink alcohol, others a desire to overeat, some a desire to undereat. If any of these are followed through on to an extreme, the end is death.

There is also spiritual death; pride is the ultimate in carnal mindedness and fleshly thinking. But so many embrace it and allow that spirit to settle on them because it feels good. It feels good to be lifted up in mind, either by lifting yourself up or allowing others to lift you up. But it's the same carnal path of death. Pride leads to rejection of Me and My ways, and that is spiritual death. This type of fleshly thinking is so prevalent in the world today. If you can escape this ever-present demon of pride, then you should be oh so grateful to Me.

Thank Me for the humblings and the breaking. They allow you to come to Me in love and nakedness. You cannot come in unto Me if you are coated in pride. You have to get rid of those garments. You must see clearly where these paths of pride and flesh lead...death. As for you, you will most likely not eat yourselves to death. But when you indulge the flesh either by partaking of some fleshly pleasure that you shouldn't or by following that path of pride in your mind, you allow yourself to be held back and hindered in your walk as a soldier. I have always told you that indulging the flesh dulls your connection with the spirit. This can happen in many ways ...whatever happens to be your weakness, whether eating, daydreaming, yielding to pride, seeking fleshly pursuits, or just not fighting and letting your battles walk all over you. Even being lazy or lethargic about your battles is "fleshing out" because most times the flesh doesn't want to fight. It doesn't feel like calling on the keys and forsaking the juicy lies that the enemy is feeding it. It's weird, but it wants to stay in that pit and get beat over the head by the enemy until it's a bloody, useless mess. See what I mean about the flesh being self-destructive? Do you see what it is saying when it says "to be carnally minded is death?" Blog post from 2021

!" While his poverty-stricken and ragged little band of beggars were wandering through the streets of Assisi singing and praising God in the rain, the Lord said, "**Behold, not even the angels of Heaven are adorned as one of these,** with the adornment of a meek and humble spirit!"



PSA.23:5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

It's feasting time! Wanna have a party? I've got the best one all set and ready for you. All you have to do is close your eyes, close your mouth, close your mind to distractions and close your hands in prayer -- get them off of whatever things you are fidgeting with, and away we go.

I'll zoom you quickly to the privacy of My eating chambers, and you'll have a feast for the mind, heart, and spirit. It's very easy to see what people have been eating most of their life, or at least for the last several months. It shows up in good or not so good ways. But it's not always easy to tell what people have been giving their mind to feast on. This is more private. But when it shows up people can see if they are spiritually healthy or not, in how they react to a frightening situation; or a situation that could cause them to feel real proud in a negative way. These are some tests of spiritual health.

Another test is when they don't get what they want at the moment they wish for it, if that makes them fretful or angry, that's a tell-tail sign that they are feeling rather famished spiritually; they haven't been getting deeply fed.

Another test can be when others get something you don't, or they seem to be getting all the best things, things you really wish you had. Meanwhile, you are not getting even half as many good things as they are - at least in your point of view and your assessment of things.

So why are there these test and trials, and seeming lacks of balance in life, or what some people might call "unfair"? Perhaps you can look at them as a special thermometer to see how healthy you are, and to give you a nudge to get tanked up and nourished with the Word of God through taking special time with Me.

Maybe instead of feeling all sad when tests come along, realize it's an invitation to a feast, and turn and look the other way, away from the sad or hurtful thoughts and reactions of others.

Please know that whenever something tries to get to down, or you are really having a battle about something, that I have all the best and most fortifying things for you. Turn in to My banqueting house and feast on something really good that I want to nourish you with. Get your mind on Heavenly things.

How did Paul the Apostle and the others make it through their much bigger tests and hardships? By “setting their affections on things that are above, not on things of this Earth.” (Colossians 3:2)

And so can you.

It’s really just a hunger pang, when you start to fall in some test. It’s a weary-in-the-battle moment. It’s not all that complicated. It’s not “all these battles and trials” and so many things hitting you; but think of it in simple terms, that you are getting hungry and I’m ringing the dinner bell. Turn and look and see that I’ve sent a coach of heavenly support staff, driven by the Keys of Heaven, to bring you to come and feast.

You don’t have to worry about how to fight each and every negative feeling and thought you get hit with, and wonder which of the many pills from Heaven to order so you can be on to better health. Just come and eat. Come and dine. That’s what I told the disciples who were feeling so many battles all at the same time, after I left them in the physical, and had risen. They went fishing, but really they were fishing in their mind for the answers and for healing and for their life’s focus.

“Come and dine,” I told them, and they did. (John 21:12)

A meal and chat with Me gave them their focus and direction to go. “Feed My sheep, and feed My lambs,” like I instructed. (John 21:15-17) They didn’t need to go fishing around for big solutions to life’s big problems. They just needed time with Me, and then I’d give them simple commands that they could focus on.

Healing of heart and mind all start when you, “sup with Me”, okay? (Revelation 3:20)

“He took me to the banqueting house, and His banner over me was love,” it says in Song of Solomon. (SOS.2:4)

...When things are pricking you and you are crying about this and that, come to Me. I’ll then feed you all the things you need, and tell you something simple that makes it easy for you to stay on the right track.

And for those who come often to Me, I’ll give them extra special delights and tasty desserts to show them how much I like it that they chose to be fed at My table and let life’s tests and trials remind them to come quickly to be fed by Me. (Kori’s Psalms 23 Bible Studies with Jesus)

Your patient's mother, as I learn from the dossier and you might have learned from Glubose, is a good example. She would be astonished — one day, I hope, *will* be — to learn that her whole life is enslaved to this kind of sensuality, which is quite concealed from her by the fact that the quantities involved are small. But what do quantities matter, provided we can use a human belly and palate to produce querulousness, impatience, uncharitableness, and self-concern? Glubose has this old woman well in hand. She is a positive terror to hostesses and servants. She is always turning from what has been offered her to say with a demure little sigh and a smile "Oh please, please... *all* I want is a cup of tea, weak but not too weak, and the teeniest weeni-est bit of really crisp toast". You see? Because what she wants is smaller and less costly than what has been set before her, she never recognises as gluttony her determination to get what she wants, however troublesome it may be to others. At the very moment of indulging her appetite she believes that she is practising temperance. In a crowded restaurant she gives a little scream at the plate which some overworked waitress has set before her and says, "Oh, that's far, far too much! Take it away and bring me about a quarter of it". If challenged, she would say she was doing this to avoid waste; in reality she does it because the particular shade of delicacy to which we have enslaved her is offended by the sight of more food than she happens to want.

The real value of the quiet, unobtrusive work which Glubose has been doing for years on this old woman can be gauged by the way in which **her belly now dominates her whole life.** The woman is in what may be called the "All-I-want" state of mind. *All* she wants is a cup of tea properly made, or an egg properly boiled, or a slice of bread properly toasted. But she never finds any servant or any friend who can do these simple things "properly" — because her "properly" conceals an insatiable demand for the exact, and almost impossible, palatal pleasures which she imagines she remembers from the past; a past described by her as "the days when you could get good servants" but known to us as the days when her senses were more easily pleased and she had pleasures of other kinds which made her less dependent on those of the table. Meanwhile, the daily disappointment produces daily ill temper: cooks give notice and friendships are cooled. If ever the Enemy introduces into her mind a faint suspicion that she is too interested in food, Glubose counters it by suggesting to her that she doesn't mind what she eats herself but "does like to have things nice for her boy". In fact, of course, her greed has been one of the chief sources of his domestic discomfort for many years. (Screwtape Letters)

August 31

When you try to "spoil yourself" then you are looking for satisfaction in the fleshly things. So it's not that it's such a bad thing, but it's that it pulls you away from looking at the spirit. so that's what stops you from finding satisfaction in Me and the things of the spirit. when you look at the flesh and focus on finding some satisfaction in them, it takes your focus off of Me. And you know that the flesh is never satisfied. It always wants more. so when you do this, you are always left wanting. It might feel nice for a bit while it has that bit of something yummy or entertaining, but then it feels empty again and has to look for something more. and since you have turned down your spiritual focus, you aren't going to be satisfied by the things of the spirit.

But at the same time, I have given you things in this fleshly carnal world to enjoy. I gave you yummy food. I gave fun and fellowship. I gave beauty. I gave cute things and pretty things. When you enjoy what I have given you and thank Me for it, then you are loving Me and using the weapon of praise. I am happy to hear your praise and to see you enjoy what I have given. The problem comes when you look to those things for satisfaction and then you even try to beef them up to be better or yummier. You start messing around with your food trying to make it better. You are trying to please yourself with something good. Or you try to get more than you are allowed or take some on the side. That really tears down the spirit because you are willing to grab and take what is not yours to satisfy the flesh. You are saying that what I have given is not enough and you have to step in and take care of yourself. This takes you right out of My spirit and you really turn your back on Me when you do that. I am hurt. I am a husband that wants to satisfy you and take care of you. I provide for you. I give you spiritual benefits and treats, but I also give you physical things you like. So when you go around grabbing selfishly, taking more than you have been given, it's like a slap in My face. You are saying that I don't give you enough and you need to go and get more for yourself... even if it means "stealing" or pinching what you aren't really allowed. Many people in the world do this. They don't realize that if they would just be grateful for what they have been given, I would bless them. They don't need to push and squeeze for more. When they take for themselves and cheat and steal, they are actually taking away from My ability to take care of them and provide for them. Then they wonder why they are so poor and struggle so much. so sad.

Just sit down in spirit and be thankful. If you actually, really, in your mind, realize that all things come from Me, then you would be more careful to be thankful and not look at them and complain.

Quote: Woe, woe is me! that sin hath made so many madmen, seeking the fool's paradise, fire under ice, and some good and desirable things, without and apart from Christ. Christ, Christ, nothing but Christ can cool our love's burning languor. O thirsty love! wilt thou set Christ, the well of life, to thy head, and drink thy fill? Drink and spare not; drink love and be drunken with Christ! Nay, alas! the distance betwixt us and Christ is a death. (Rutherford)

(Prophecy)Are you seeking the fool's paradise, the things without and apart from your Husband; the seemingly more desirable things of the flesh, while you leave your spiritual life to the side? Many search for happiness in this world and its things and entertainment, but they find it not. They seek to cool the tip of their tongue with the pleasures and distractions of the world but instead they are being burned with fire and find not what they seek. Those of the world that I speak of are not as you, they do not have the knowledge of the Words of David, they have not been brought to an understanding of Jesus and His great love and desire as you have. You are blessed in the spirit far and above, but yet you want to stoop down into the mire, that the whole world is swimming in, to try to find happiness and fulfillment where they cannot. It does not line up. It is because you want to escape; you do not feel like drinking in the Word, your flesh wants to be entertained. But I believe we must pass by that; we must ignore our feelings and **set Christ, the well of life, to thy head, and drink thy fill. Drink and spare not; drink love and be drunken with Christ!** For time waits for no man and those who wasted time in these days will be found wanting and ashamed that they did not redeem the time, but instead let their spirits be dry for

lack of the True Water as they partook of the waters of the enemy and of the world. It is a serious matter and whether you actually are taking part of those waters or only wishing that you could have some things and that things in your life could be different or more exciting, you are wasting precious time and starving your spirit in the process. So as you sit there wondering what to do and you hear that little whisper, 'Why don't you get in the Word?' what do you do? Do you shake it off with an "I don't feel like it", or maybe some other excuse and then go on being bored and unhappy? Yes, and that is what you need to change. Sometimes you do obey the whisper, but not enough. Set the Word of Life to your head and drink thy fill. Drink and spare not; drink love and be drunken with Christ. That's the only way to get rid of 'yourself' and your own attitudes and ways. Just get so drunk on Jesus, as the Letter says. Get so high with Him that you don't think about your stinking self. Nobody wants to hear your worldly thoughts; your selfish attitudes aren't doing anyone any good or yourself for that matter, so just forget about them. Fill yourself so full of Jesus that only He comes out, He's gotta be the one shining through. (End of prophecy) (from comp The Keys of Need and Thirst)

Which would you rather be? Brother sun who took off the clothes he was wearing to show that he wanted no part of the world? Or the fat bishop who could barely manage to leave his lavish feast to go and do his job? Where were his priorities? Why did he want to hold that position as bishop? It's pretty simple, the pride of life, the lusts of the flesh. He liked wearing those fine robes and to be higher than other men. But also he liked indulging the flesh. He loved that huge spread of luxurious food on his table where he could just flesh out. That food can be a trap. It's one of the lusts of the flesh. It's one of the things that riches can buy. And like the prophecy above says, even if you are lusting for those things and not be thankful and accepting of what I have given you, then you are affecting your spirit. You've taken some of your focus off of the spiritual. Of course, I know you can't just walk around "being spiritual" all the time. You are going to think about food. There are meals you like and some you have trials about. but I am just trying to show you that when you be thankful and have an attitude of praise for the food you have, then you are gaining spiritual ground. Isn't that what you want? But when you are "looking for more" or always wishing it was better or more or whatever, then you are distracted and that is a loss for your spirit.

There are two ways to travel through the wilderness, you can travel like Moses did or you can travel like the Children of Israel did. As I said, wilderness travel is not a walk in the park. You have to forsake the leeks and garlic. You have to be prepared to let go a lot of things. The trinkets, fluff and bubble of the world cannot be dragged across the Jordan. It's better to drop them over the side of the boat, because once you get to the other shoreline

you will be required to forsake them anyway. If you ever feel like a feast of roast quail and it's not available right then and there, then use that weapon of praise to lift you right out of the pit those cling-on's are trying to throw you into. Use the Keys more, that is what they are for; to make a way of escape that you may be able to bear it. If you have turned around, and like the rest of the world, are looking for escape in the things of the world, then you will not find them. You've been told this umpteen dozen times. The flesh is a mirror, an image, a mirage. You spend all your time getting there and find only sand. The water that you thought was there has moved further away. You have to fight the lie, you have to tell the Devil and yourself that you want what Jesus is offering (Our Spiritual Wilderness)

But, my beloved friend, did you ever reflect that of the great multitude that left the land of Egypt, but two ever set foot upon that blessed ground? Do you ask why this was? Devoid of courage, they incessantly gave themselves up to selfish regrets for what they had left behind. Had they been faithful and courageous, a few months would have brought them there; but forty years in the wilderness was the penalty of their murmurs and dissatisfaction. So those whom God desires to lead to the interior land of promise, look back with longing, not for the material onions of Egypt, but for those sensible delights which are no longer appropriate to a pure and naked way of faith; they reject that light bread, manna; they require something grosser; they rebel against their conductor, and far from being grateful for the goodness of God, they excite his anger and arouse his wrath. Thus they doom themselves to a long and weary march about the mountain, making one step in advance and four backward, and at last die in the wilderness from their own obstinacy

My brethren! let us take courage; let us make up our minds to attain our end, and set at nought the difficulties that hedge up the way. We have an unerring Guide; that cloud by day that prevents our being misled by the dazzling brightness of the sun, and that pillar of

fire by night that leads us unfailingly through the darkest night of faith. Ah! Holy Love! the gloomier the obscurity about us, the more glowing is thy pillar of fire! Why can we not be content with the hidden manna of the interior which will feed the true life within, which grosser viands could never do? If we must die, let us choose the death of self rather than that of the soul. (M. Guyon)